

HERBAL MEDICINES TO USE POSTPARTUM



Herbal medicines can be a safe and effective way to help promote good sleep and decrease stress and anxiety in the postpartum period. All of the herbs listed are safe for breastfeeding families.

PASSIONFLOWER



Passionflower is one of my favorite herbs to use in the postpartum period especially if anxiety is associated with difficulty falling or staying asleep.

Passionflower is known as a nervine, which means that it has a calming and relaxing affect. Passionflower has been shown to be as effective as prescription anxiety medications in the treatment of anxiety.

SKULLCAP



Skullcap is another herb in the nervine category. This herb helps to decrease stress and anxiety and helps with sleep issues, especially when insomnia is due to worry and nervous irritability (hello, postpartum!). I will often use this herb in a blend and by itself to help support stress and anxiety in the postpartum period. This herb is super safe and can be used while breastfeeding.

ASHWAGANDHA



Ashwagandha is an adaptogenic herb meaning that it helps your body adapt to stress. It works via the hypothalamic-pituitary-adrenal axis (HPA-axis) to help modulate stress hormone that the body produces.

Ashwagandha is my favorite herb to use for postpartum women because I find that it helps to support normal energy, but also works really well for postpartum anxiety and depression.



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